

THE LANDING NEWS

JULY
2010

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Hurray for the Fourth of July!



Can you believe that we are half way through the year? It is time to ride the bus in the 4th of July

Parade down the main street in Bothell and have some fun. It is time to stop and thank God we are living in a country that has so much freedom. It is time to take a moment and enjoy our traditions.

EARLY CELEBRATIONS:

1776 The "Pennsylvania Evening Post" is the first newspaper to print the Declaration of Independence on July 6.

1778 From his headquarters in New Brunswick, NJ, General George Washington directs his army to put "green boughs" in their hats, issues them a double allowance of rum, and orders a Fourth of July artillery salute.

1779 The Fourth falls for the first time on a Sunday and celebrations take place on the following day, initiating that tradition. In Boston, Continental ships fire a "grand salute" from their cannons. In Philadelphia, although 14 members of the Continental Congress object to having a celebration, an elegant dinner at the City Tavern, followed by a display of fireworks, is given.

1781 The first official state celebration as recognized under resolve of a legislature occurs in Massachusetts.

1783 Alexander Martin of North Carolina is the first governor to issue a state order for celebrating the Fourth, and the Moravian community of Salem responds with a special service and Lovefeast.

1786 In Beaufort, NC, the Court House burns down, the result of an artillery shell during a celebration there.

1791 The only Fourth of July address ever given by George Washington occurs at Lancaster, PA.

1795 A mock battle engagement with infantry, cavalry, and artillery units occurs in Alexandria, VA. In Boston, the cornerstone for the Massachusetts State House is laid by Paul Revere and Governor Samuel Adams.

1800 In New York, the first local advertisements for fireworks appear. At the Mount Vernon Garden, a display of a model of Mount Vernon 20 feet long by 24 feet high, illuminated by several hundred lamps, is presented

Today you can watch all the celebration from the comfort of your home on TV or computer.

**Happy Birthday
To All the July
Birthdays!**

**Join Us
July 21 at 2:30 pm
Bistro**

**ANNE SCHEINHOLZ
7/6**

**MARY ENGLE
7/6**

**JEANNE WHITING
7/13**

**MARGARET PAUL
7/17**

**MARY LEE DUNBAR
7/19**

**JAMES STEINAUER
7/24**

**JOHN LEADBETTER
7/29**



Brandon's Corner

It is hard to believe that Jackson will be turning 1 year old on July 14th! This past year has been a whirlwind, and it does not seem to be slowing down anytime soon. I am beginning to realize that watching the changes that are happening with my son speeds up time because he changes almost daily!

Being in a larger family, he did not need to move much on his own because everyone would cater to his every need. All he needed to do was make some noise and he would be taken care of. It was not until my birthday, May 29th that he decided to crawl for the first time. What a great gift! I was there for the first crawl as well, so that made it more special. It is a mixed blessing, however, because now you cannot turn your head for a second because he will be across the room and into something he shouldn't be. I have discovered that he seems to be very interested in those items that he should stay away from!

Father's Day was extra special this year. As a proud step-father, I have enjoyed that day with the kids, but it was always shared. This year I have one child who can make the day all about me. Looking at how I look at my dad, I realize that remaining the larger than life hero to your children is a taxing job, but one that is natural when the time is invested with them. I have noticed this as well with my step-kids. They will always have a dad, but also have the bonus of having me in their lives. Actually, I feel that I am the lucky one. Having Jackson in our blended family helped to unify us with a strong bond. He is blessed to have a big brother and two big sisters to help him through those stages of life. Jackson is not lacking in love, that's for sure!

MEN'S LUNCH OUT WITH BRANDON

It is time for the July Men's Lunch! This month we will be going to PF Chang's in Lynnwood. Wednesday, July 28th is the day that we will be going. If you are interested, please meet in the lobby at 11:30am on the 28th. Sign up at the front desk if you plan to join us. I hope to see all the men sign up!

Brandon

YOUR RESIDENT COUNCIL

EXECUTIVE COUNCIL

Meets the 1st Tuesday of every month at 3:15 pm in Library

President Howard Scheinholz
Vice President Adolph Whiting
Secretary Anne Edwards
Treasurer Ray Vikesland

HOSPITALITY/WELCOMING

COMMITTEE

Meets the 3rd Thursday at 4 pm in the Library

Chairperson Mary Lee Dunbar
Members Aria Cook , Jim Horsley, Sue Gould,
 Belle Marie Rightmire, Eidell Dennis,
 Eleanor Stabbert, Joanne Kimbal

BUILDING & GROUNDS

COMMITTEE

Meets the 2nd Monday at 1:30 pm B1

Co-Chairperson Ray Gould
Members George Zellensky, Bud Thees,
 Marilyn Horner, Nancy Fuller,
 Nancy Borsini, Esther Maddox,
 Howard Scheinholz, Jan Routley
 Jim Horsley

ACTIVITY COMMITTEE

Meets the 1st Thursday at 1 pm Library

Chairperson Pat Hansen
Members Jeanne Whiting, Frances
 Boddy, Edythe Whittlesey,
 Marie Castiglia

DINING ROOM COMMITTEE

Meet the 2nd Thursday at 3 pm 3rd Floor

Chairperson Marie Castiglia
Members Pat Reiman, Dottie Gallagher,
 Eleanor Stabbert, Jack Keough,
 Mary Beaulaurier, Belle Marie
 Rightmire, Lorraine Bowerman
 Ann Vincent

LIBRARY BOARD

Meet the 3rd Thursday 1pm in the Library

Chairperson Marie Castiglia
Members Ann Edwards, Esther Maddox,
 Jim Horsley, Edythe Whittlesey

LIST OF YOUR ADMINISTRATIVE STAFF

Executive Director—Brandon Dalke
Activities Director—Judy Hamilton
Assisted Living Director—Whitney Phelps
Culinary Services Director—Denise Lamb
Lead Maintenance—Jeff Locke
Human Resources Manager—Aprill Uskoski
Fitness Director—Chris Ann Scott
Bistro Director—Jason Johnson
Accounts Payable—Lori Dorn
Front Desk-Jane, Brooke, Lily, Maleny
Community Relations—Chris Serold, Mary Benz
Lead Housekeeper— Jill Mills

SPRING CLEANING??

The Northshore Senior Center is accepting items in clean/excellent condition for their Annual "Ransacked Attic" Rummage Sale.

If you need help transporting items call the Center at 425 487-2441.

No computers, TVs, exercise equipment or large furniture.

If you would like a one sided monthly calendar of events please ask at the front desk.

We will have the bus in the 4th of July Parade so if you are interested please sign up at the front desk and be ready by 11:30 am on the 4th to leave from the lobby.



Fitness Fun and Facts!

Chris Ann Scott, Fitness Director

PERSONAL FITNESS TRAINING

YOUR OWN SPECIAL FITNESS PROGRAM

Get an exercise routine based on your own needs and goals, supervised and modified by Chris Ann so that after a series of sessions you'll be able to follow your program on your own.

SMALL GROUP TRAINING

Meet with Chris Ann and 1 or 2 other residents with similar fitness needs and goals. Designed and taught so that after a series of sessions you can work together on your own.

Personal training fees are billed on your monthly invoice with your rent. See Chris Ann before or after class for more information.

REMEMBER TO DRINK PLENTY OF WATER NOW THAT SUMMER HAS ARRIVED.....

OF INTEREST

EMPLOYEE OF THE MONTH

I am pleased to announce that the June Employee of the Month will be bestowed to our own Assisted Living evening caregiver, BETTY NICKOLSON. Betty has been an employee at Chateau at Bothell Landing for over one year. Betty is a hard worker and always willing to help our team if need be. She was kind enough and dedicated to our AL team to work 36 days in a row while we were in transition recently. Thank you Betty for all you do. You are appreciated.

Whitney Phelps
Assisted Living Director

*

PLEASE REMEMBER WHEN SIGNING UP FOR DOCTORS APPOINTMENTS TO PUT THE NAME OF THE DOCTOR THE ADDRESS AND PHONE NUMBER BECAUSE IT HELPS THE DRIVER KNOW WHERE TO TAKE YOU AND THINGS RUN SMOOTHER. THANK YOU

Summer is here.....well, almost and we will be doing lots of fun things here at the Chateau both inside and outside. Be sure you drink plenty of water to keep your body hydrated.

Start planning for our Annual Picnic at Blyth Park on August 18 so hopefully the "true" summer will have arrived by then. Invite your family and have some fun. You can walk or ride the bus.

Start getting excited because the workshop is getting ready so think of all the hobbies you want to start or finish!!!

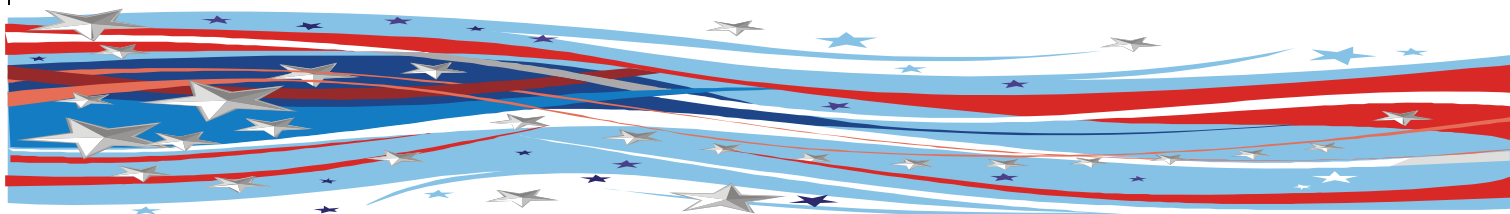
HOT OFF THE GRIDDLE

Hello Everyone,

In this month's news letter, I am excited and pleased to announce the arrival of the new menu here at The Bistro! We have added new pizzas, pastas, salads, sandwiches, sides and entrée offerings! We have several new kinds of bread for our sandwiches, made 1/2 portion sandwiches available as well! There are many seasonal seafood offerings (the Mahi Mahi is in and has been popular so far)! The menu will be rotating some of the offerings every so often, so be sure and check out the latest menu posted in the Dining Room, the Main Lobby, or just stop over and see us! Many of you have asked and been waiting for the new menu, so please come over and visit us as soon! We are all very happy with the new menu choices, and we know you will be, too! Thank you and we look forward to seeing you here, at The Bistro!

Jason Johnson

Bistro Director



NURSING NOTE

Summer is here, at least that is what the calendar tells us. The weather is a whole other story. As we move into summer the weather will hopefully warm up and the draw to go outside is irresistible. When you venture out make sure you have sun screen on, for the ladies- the latest fashionable red hat, and for the men- this seasons winning baseball team hat, and have a water bottle with you. Keeping your skin protected and yourself well hydrated is the best thing you can do to prevent dehydration and over exposure. You don't have to drink water, for those of you who don't like water. You can carry a low in sugar juice, ice tea, or lemonade for a couple of examples. It is recommended you stay away from sodas and coffee when in the sun because they tend to dehydrate you. But I do recommend getting outside as often as you can when the big, bright, round ball known as the sun, is out because the Vitamin D is essential to your body and mind. The nitty gritty is it makes you feel better and tends to give you a little more energy by warding off fatigue. Enjoy the coming sun.

Roberta

MARKETING NEWS

In July we will be celebrating our cultures in a meaningful and dynamic way with a very special guest, Dr. Mona Lake Jones – Author, Educator, Poet. Dr. Jones is the former poet laureate for the City of Seattle and is now the poet laureate for Washington State’s King County. She is an exciting talent, able to write poetry and prose, then artfully excite listeners with her spoken word. She has traveled extensively throughout the country as a motivational speaker using her poetry to inspire audiences at educational institutions, civic groups, and conventions.

Dr. Jones is a grandmother (giving her the nickname “Grandhoney”) who models how women keep unfolding, becoming, exploring and unleashing their talent. She is an expert on culture and diversity with the ability to motivate and inspire listeners to applaud themselves and others. She is the author of a book series *Color of Culture* as well as her newest book, *Unleashing the Power of A Sister*. Her CD *Poetry Dancing on Music* showcases her lyrical style as her thoughts are accompanied by music.

We are excited to have Dr. Jones share her passion and talent with us.

“Mona Lake Jones is delightful and her writings are inspiring and touch to the heart and soul”

“There were several occasions when I got chills down my spine and goose bumps on my arms from the images and memories her words were bringing”

We invite all to “Grandhoney’s” insightful, entertaining and purposeful performance. Watch for flyers for more details.

SENIOR CENTER NEWS FROM JERRY RUTHERFORD

The ANNUL RANSACKED ATTIC SALE is coming. This is the annual money raising event in which we can all participate---either by donating items, purchasing items and working as a volunteer. “Gently used Treasures” are accepted during the month of July. You can drop off items outside at the “collection container” in the parking lot on Monday thru Friday from 8:30 am to 4 pm. Lois Montgomery’s daughter has volunteered to transport them to the center if you are unable to do so. THE SALE DATES ARE: THURSDAY, AUGUST 12, 8 AM TO 6 PM; FRIDAY, AUGUST 13, 8 AM TO 6 PM AND SATURDAY, AUGUST 14, 8 AM TO NOON.

Did you know that you can recycle your hearing aids at the Senior Center. The Social Service Desk on the 2nd floor will accept them. They cannot be older than 5 years. There is also a \$400 tax deduction for this donation--so be sure to pickup your Merchandise Receipt when dropping off your donation.

Remember your gift from the Chateau is a membership at the Northshore Senior Center--just fill out the form at the front desk. Then you will receive the catalog listing the

The Newsletter of
Chateau at Bothell
Landing

**WE ARE
ON THE
WEB!**

[www.chateau
retirement.com](http://www.chateau
retirement.com)

You can view our
Newsletter and
Calendar on the
Web site

DESCRIPTION OF ACTIVITIES

1. JULY 1...Join us in the Bistro at 2:30 pm for a fun time with "Show & Tell". Bring an item that you would like to share and tell us about.
2. JULY 2...Time to hit the Casino at Angel of the Winds where you can eat a terrific lunch for very few \$\$\$\$\$. Sign up, we leave promptly at 10 am.
3. JULY 8...Come hear the great music by Ron Herring in the Bistro at 3 pm.
4. JULY 9...Sign up for the Lunch Out Bunch and join us for a great time enjoying good food at the Spaghetti Factory. Meet in the lobby at 10:30 am.
5. JULY 12...Don't forget the Wellness Clinic in the Fitness Studio in building C. You can get your weight and blood pressure checked.
6. JULY 13...Calling all residents to the ALL RESIDENT MEETING on B1 at 3 pm. Stay on top of things.
7. JULY 14...Dr. Tomatore will tell us about "Keeping the Brain Fit" in the Bistro at 2 pm. It is a do not miss!
8. JULY 15...Bring your wedding picture and join us for a fun afternoon on B1 at the Summertime Tea. Bring your teacup if you have one.
9. JULY 16... At 10:30 am you can browse thru the books and tapes from the Traveling Library in the lobby. At 1 pm join us for a trip to the Farmer's Market up at Country Village.
10. JULY 21... Join us to help all the July birthday folks celebrate at the Monthly Birthday Party at 3 pm on the B1 area.
11. JULY 22...Dr. Mona Lake Jones, Seattle Poet Laureate will be in the Bistro at 3 pm to do a reading of her poetry. Invite your friends this is a real treat.
12. JULY 23...A fun trip to the Ben Franklin store to look, shop, or both. Sign up at the front desk.
13. JULY 26...Don't miss the Book Club in the library at 4 pm.
14. JULY 30...This is a real treat whether you quilt or not to see the beautiful quilts at the Quilt Show. Sign up at the front desk and bring \$7 for the entrance fee and maybe a little more for a treat.

**CHATEAU AT BOTHELL LANDING
RETIREMENT & ASSISTED LIVING
17543 102ND AVE NE
BOTHELL, WA. 98011**

Help us conserve our natural resources.

If you do not wish to continue to receive the
Landing News, please call the receptionist
(425) 485-1155

The Newsletter of
Chateau at Bothell Landing

WE ARE ON THE WEB!

[www.chateau
retirement.com](http://www.chateau
retirement.com)

You can view our
Newsletter and
Calendar on the
Web site.



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A Big Thank You.....

1. Big thanks goes out to Genny Devlin, Mary Ann Trahan, Anne Edwards, and others who donate goodies during Bingo to make it loads of fun.
2. A big thank you goes out to the ladies who helped finish the "lap blankets" for Hospice.
3. Special thanks to Bev Clayton for helping get everything ready for the fun "Brown Bag" in the park.
4. We would like to take this time to thank all the folks that spend their time and money to plant flowers and veggies to make their areas attractive for all to enjoy.
5. Thanks again to all the folks that help clean up after activities and help Judy put everything back in order.
6. Big thank you to Don Cobb for showing us his beautiful doll house creation that he made and encouraging folks to get excited about the new hobby room.